

SESSION BRIEFING SHEET

Session Name: Cardiff Road
Dinas Road

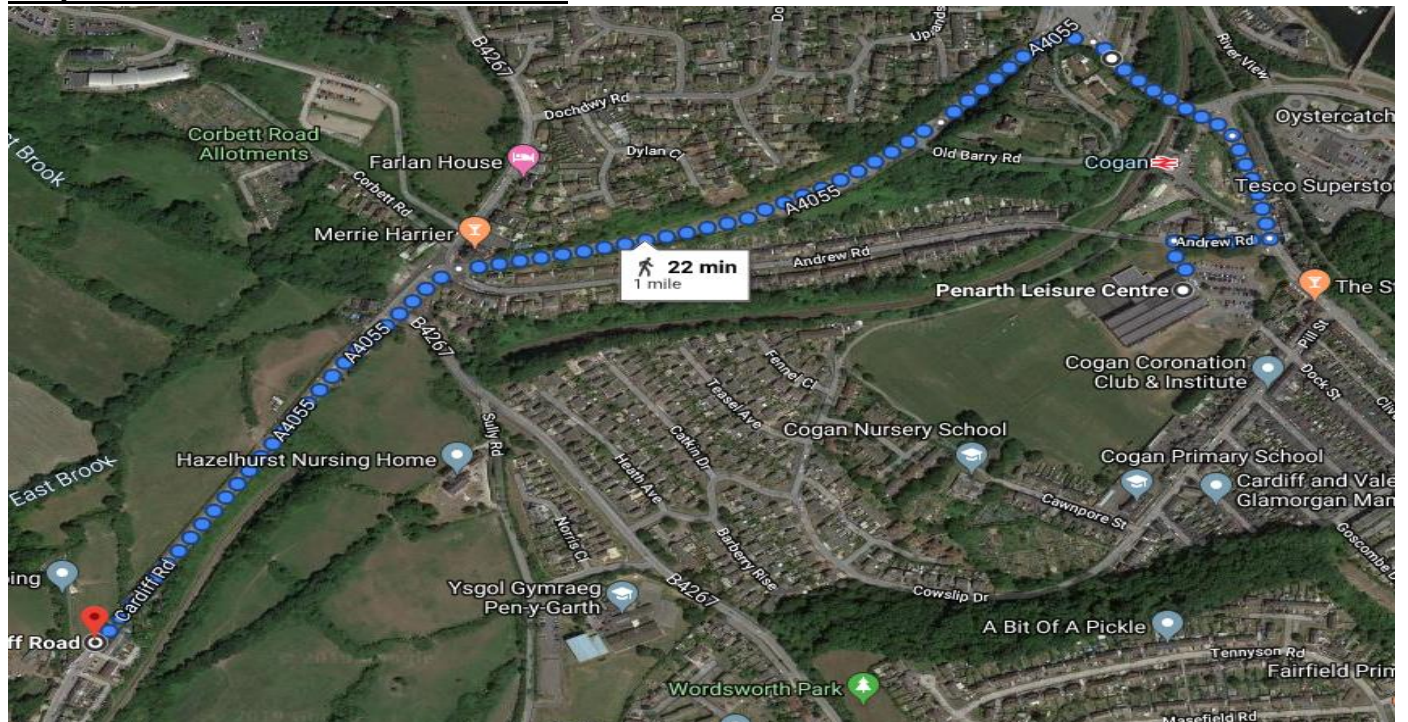


Objective: Build speed capability at 90% effort

Meeting Point: Cogan Leisure Centre

Location: Cardiff Road towards Dinas Powys from Merrie Harrier PH.

Map of Session location with Track :



Description:

A short warm up run is conducted from the Leisure Centre up towards the junction of Penarth Road, crossing over then turning left towards the Merrie Harrier, then turning left towards Dinas Powys and stopping just below the junction with Redlands Road, where the wide path starts.

This is a sprint session in same ability pairs working off each other. Slowest go first and are given 30 seconds head start to the bottom of the wide path towards DP. Sprint down, recover back up. The session is continuous. Repeat approximately 6 times and finish.

The run leader brings the runners back to the Leisure Centre on a warm down run and directs static stretches at the end.

<u>Safety Points:</u>	<ol style="list-style-type: none">1. Make sure there is a tail runner for safety on way out.2. Particular care to be taken at the lights at the Penarth Road junction and crossing over the road at the Merrie Harrier PH.3. The session finishes at the top of the wide path.4. Individuals can disperse in whatever direction is best to get them home, towards DP, up Redlands Road or back down Andrew Road to Cogan Leisure centre.
<u>Summer and Winter Variations</u>	Light reflective clothing required in winter Head torches not required as all areas are relatively well lit.
<u>Additional Comments:</u>	When arriving at the top of the sprint path, make sure everyone is a same ability pair, then put slowest at front, fastest at back. Divide by speed – 6 Min Miles, 7 Min Miles, 8 Min Miles etc... Coach will need to stay at the top to control runners coming back and then setting them off on their next sprint. Gaps must be maintained as bunching will destroy the effectiveness of the space required to sprint and work in pairs.